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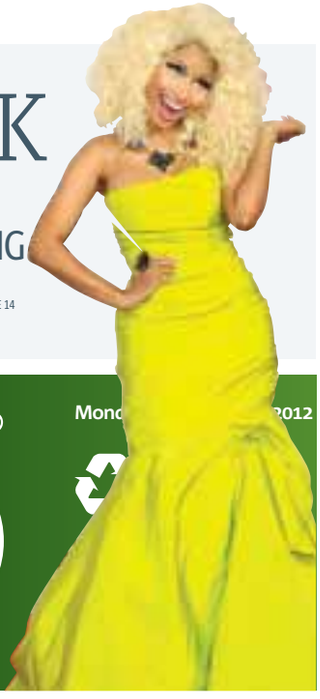
BLOND LUCK

NICKI MINAJ PICKS UP SOME HARDWARE AT THE AMAS ALONG WITH JEPSEN AND THE BIEBS PAGE 14



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FROSTY HIGH FIVE

A woman dressed up as a snowflake gets a high five from a Winnipegger on Portage Avenue Saturday night during the annual Santa Claus Parade. The parade saw thousands of Winnipeggers line the streets waiting for the big guy himself to show up. See more photos at metronews.ca. HOWARD WONG/FOR METRO

Throne speech to cover school, consumers

Back to work. Government also expected to address privacy law in new session of legislature that starts today

Manitoba's NDP government will focus on consumer protection and support for schools in a new session of the legislature that starts Monday.

NDP house leader Jennifer Howard says the government plans to introduce legislation that would protect people when they buy homes and vehicles — two of the biggest purchases made in a lifetime.

"We know that those are big purchases for people. We want to make sure that ... they're well-protected because they're huge investments," Howard said in an interview.

Other legislation will encourage parents to be involved in their children's school.

"We know that where parents are involved in kids' education, there tends to be better results for children."

Howard wouldn't reveal details ahead of the government's throne speech Monday, which will outline the NDP's plans for the coming year. The speech will begin a fall sitting that is to last three weeks before the holiday break.

The government is also expected to tighten a key privacy law to prevent healthcare workers from snooping on personal information.

The recommendation was made in September by Manitoba's acting ombudsman, Mel Holley, after he investigated a case at Cancercare Manitoba. A worker at the facility read through a patient's file because of a personal gripe. **THE CANADIAN PRESS**

Gaza fighting intensifies

At least 11 civilians, mostly women and children, were killed after an Israeli missile reduced a two-storey house to rubble in Gaza City PAGE 8

Ahh, there's the rub

The baby massage can be an effective way for new parents to increase their bond and communication with their little one PAGE 18

Get some fire in your belly

The French stew known as pot-au-feu gets an untraditional makeover with flank steak, assorted vegetables and wasabi cream PAGE 19

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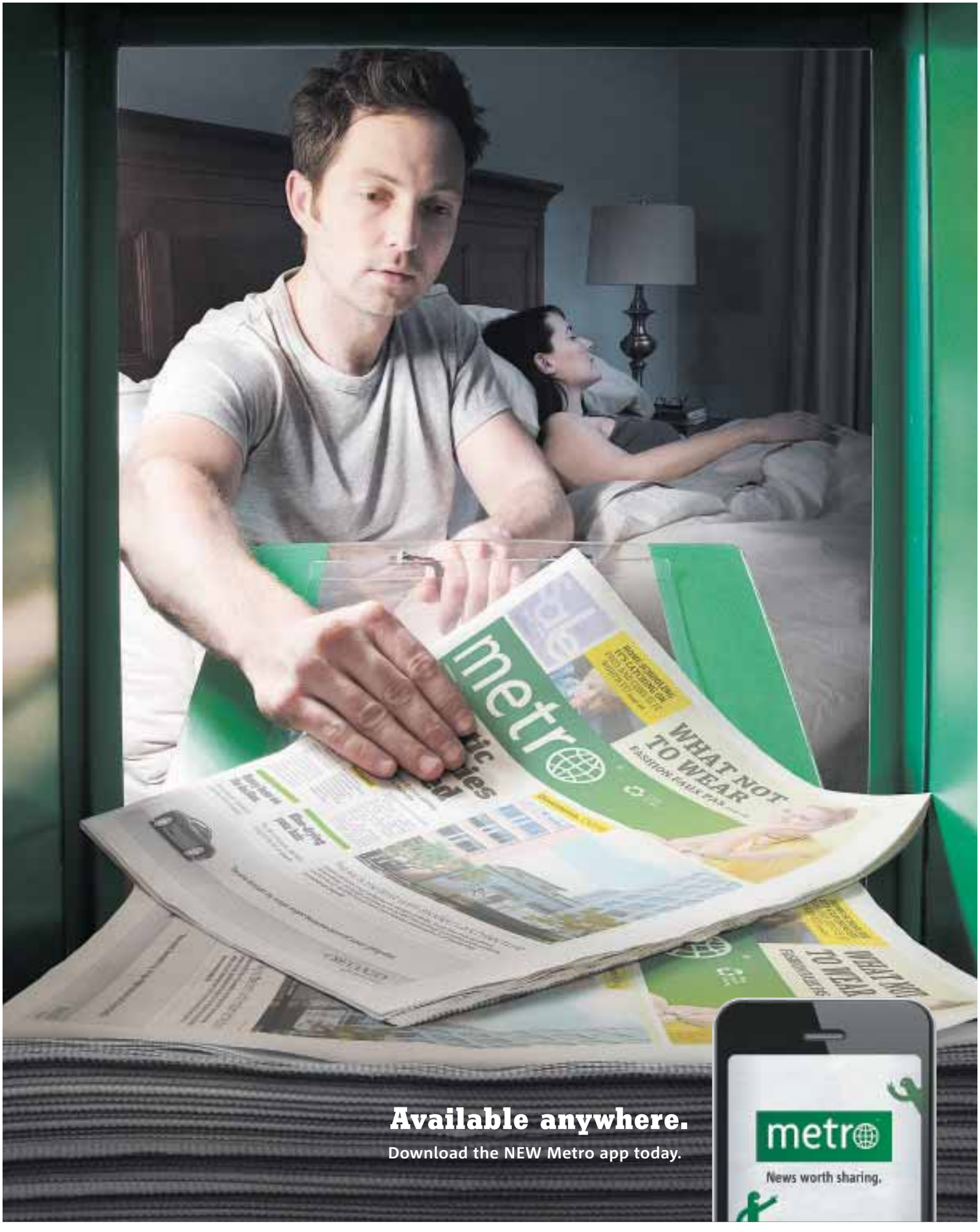
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Phoenix fell through the cracks almost immediately: Document

High workloads. Social workers say they had triple the normal cases at the time

Phoenix Sinclair began to fall through the cracks of Manitoba's child-welfare system mere months after she was born to parents with a history of violence and substance abuse and five years before she was beaten to death.

Social workers failed to monitor the family for months at a time, and failed to investigate after the girl was brought to hospital with an infection from an object that had been embedded in her nose for three months, according to a document obtained by The Canadian Press.

The document is a 2006 internal review of Phoenix's death by the Winnipeg Child and Family Services agency.

"There was no recorded contact between October 2000 and February 2001, even though the service agreement signed on Sept. 5, 2000, states 'meeting with the worker on a regular basis.'"

The review notes other long periods of time when social workers had no direct contact with the family in 2002 and 2003. Sections of the review that deal with the following two years leading up to Phoenix's death in 2005 remain confidential.

The review's details have not been dealt with specifically at the inquiry to this point. However, social workers have complained about high workloads. One supervisor testified that caseloads in Winnipeg's North End neighbourhood were triple the amount recommended by a U.S. industry group.

THE CANADIAN PRESS

Phoenix Sinclair's death

The five-year-old girl was killed in June 2005 by her mother, Samantha Kematch, and her mother's common-law husband, Karl McKay.

- **Justice.** The couple were convicted of first-degree murder.
- **Abuse.** Evidence at their trial showed they had abused and neglected the girl, sometimes forcing her to eat her own vomit and shooting her with a BB gun.

Phoenix Sinclair — who at five years old was beaten to death by her mother, Samantha Kematch — is pictured in an undated photo. CONTRIBUTED/THE CANADIAN PRESS

Manitoba's Operation Red Nose needed, stats suggest

RCMP Chief Supt. Scott Kolody and Insp. Joanne Keeping join Rudy, the mascot of Operation Red Nose, which kicked off on Friday. BERNICE PONTANILLA/METRO

It's a part of the holiday season that not many people like to discuss, but talking about it and planning for a safe ride home can save lives, said RCMP Chief Supt. Scott Kolody.

"Members of the RCMP are called out far too frequently to mangled wreckage on Manitoba's highways," said Kolody during Friday's launch of the Operation Red Nose program.

In 2011, Kolody said there were 96 fatal crashes resulting in 111 deaths. Thirty-two of those crashes were related to impaired driving and caused the deaths of 40 people.

With these sobering stats in mind, Manitoba's Operation Red Nose program was officially kicked off on Friday.

"We're happy to welcome the addition of our 10th local host, Shilo," said Judy Murphy, president and CEO of Safety Services Manitoba.

Operation Red Nose is a free, volunteer-run designated driver service during the holidays that allows motorists who feel impaired to have them and their vehicles driven home by a volunteer. While the service is free, donations are accepted.

The program runs most Thursdays, Fridays and Saturdays in December and on New Year's Eve. Call 204-947-NOSE or #NOSE from an MTS cellphone for a ride.

Last winter, Operation Red Nose's 1,951 volunteers provided 3,367 rides and raised $62,289 for youth sports and community programs, such as Winnipeg's Manta Swim Club.

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Rescue efforts. At least 2 dead, several seriously injured in plane crashes

Separate plane crashes in the Prairies have claimed at least two lives Sunday, while efforts continue to get a number of people who were aboard one of the planes to safety.

Authorities say a Cessna 208 Caravan went down just after 10 a.m. in a remote area about 10 kilometres east of the airport in Snow Lake, Man., about 700 kilometres north of Winnipeg.

According to police, early reports said that one person had died in that crash and that seven others were injured, some seriously.

Rescue crews used snowmobiles to reach the scene, but police say the effort to get to the people has been difficult.

Police add that they have managed to get all those who were injured to the medical centre in Snow Lake. RCMP say that a 911 call was made from a passenger shortly after the crash, stating that a plane had gone down near the community.

A separate crash in northern Alberta on Saturday evening, meanwhile, killed a 52-year-old man who police say was the pilot and lone occupant of the aircraft. They say the single-engine turboprop entered an area between La Crete and High Level where visibility was reduced to less that 100 metres due to low cloud cover and heavy fog.

THE CANADIAN PRESS

Inaccessible

Police say aircraft that would normally help in a rescue weren't able to land at the Snow Lake airport due to low cloud ceiling, and they say the crash site is in a bush area.

This way to peace and non-violence

Local activist Michael Champagne leads a group of residents, politicians and dignitaries down Selkirk Avenue Friday night. The group was celebrating the first-year anniversary of Meet Me at the Bell Tower, a regular neighbourhood gathering spearheaded by Champagne to talk about preventing violence in the North End community. HOWARD WONG/FOR METRO

In custody

Winnipeg police pick up drugs, suspect in raid

A man is in custody after police found drugs during a raid at a home in the North End Friday.

Members of the WPS street-crime unit raided a home in the 200 block of Lansdowne Avenue around 3:30 p.m. and found just over an ounce of cocaine with an estimated street value of $2,400, a small amount of pot, cellphones, a small amount of cash, packaging materials and ballistic body armour.

William Keith Pierson, 32, is charged with possession of a substance for the purpose of trafficking, possession of a controlled substance, possession of proceeds of crime, and violation of the body armour and fortified vehicle act.

METRO

Looking for tips

WPS looks for bank robbers

Police are on the hunt for two suspects after a pair of men robbed a Fort Richmond-area bank Saturday. Two armed men demanded and obtained an undisclosed amount of cash from a bank in the area of Killarney Avenue around 2:45 p.m. METRO

No casualties

Police investigate hotel stabbing

Three people are recovering after being stabbed at a Main Street hotel Saturday night. Police were called to a hotel suite in the 600 block of Main Street around 11:50 p.m., where several people who had been drinking had gotten into a fight.

METRO

Two men convicted in fatal shooting

Life in prison. Killers, who were youths at the time of the shooting, brought a shotgun to a teen party after an apparent dispute

Two young men have been convicted of first-degree murder for killing two 18-year-olds at a Winnipeg house party.

Tyler Hawula and Matthew Reynolds died after they were shot in December 2009. A third teen was seriously injured.

Teen shooter

"I can have this house shot up with one phone call."

What one of the convicted killers said at a December 2009 house party where two teens were shot dead, according to witness testimony.

The convicted men cannot be named, as they were 16 and 17 years old at the time.

The pair will receive a mandatory sentence of life in prison.

Court heard during the trial that the party at Hawula's home was in full swing when bullets started flying — apparently out of revenge after one of the accused got kicked out.

Kyle St. Germaine, whose arm was torn apart, testified about watching his two friends die.

The party had been advertised on Facebook and attracted people the hosts didn't know.

One of the two youths had been told to leave because he was getting into arguments with guests and frightening people by flashing weapons.

Several witnesses testified that the 17-year-old yelled: "I can have this house shot up with one phone call."

Court heard he and the other teen returned with a shotgun. Hawula was blasted in the abdomen and Reynolds in the chest.

St. Germaine was shot seconds later. He spent several weeks in hospital and has undergone at least seven surgeries to his arm, which still has reduced function.

Another youth remains before the courts on first-degree murder charges, while adult co-accused Cody Delorme pleaded guilty to reduced charges of manslaughter and was sentenced to 11 years in prison. CJOB/THE CANADIAN PRESS

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Disaster aid. Cost of 2011 flooding to surpass $1.25B, province says

The Manitoba government says the cost of last year's flooding is expected to top $1.25 billion.

Infrastructure Minister Steve Ashton says disaster aid, payouts for damaged crops and other measures are still being tallied.

Ashton expects to recoup a few hundred million dollars from federal disaster programs.

He says disaster relief alone has totalled $289 million — about $53 million more than was paid out during the so-called flood of the century in 1997.

Ashton also says the province now recognizes there was artificial flooding downstream from the Shellmouth Dam — mostly on agricultural land — and there will be compensation for those affected.

Heavy rain last spring resulted in a deluge of water over a large swath of southern Manitoba, which forced thousands of people from their homes. THE CANADIAN PRESS

The bill is still being tallied, but taxpayers will see one of at least $1.25 billion for the flood of 2011. METRO/HANDOUT

Models raise money for Movember

Models gather on the runway after the Mo Sista MoFashion fundraiser event Friday afternoon. The show, which raised money in support of prostate cancer research for Movember, featured models of all ages and sizes sporting fashions from local stores. The show was held at the Manitoba Hydro Building lobby.

HOWARD WONG/FOR METRO

Utilities. Northern hydro projects to be reviewed

Manitoba Hydro's plans for $13.3 billion in northern hydro projects are to undergo a regulatory review to see if there are alternatives.

The province has asked the Public Utilities Board to look at the Keeyask and Conawapa generating stations and transmission facilities.

Energy Minister Dave Chomiak says the review, which is standard for new mega-projects, will assess demand for new power sources and consider alternatives such as natural gas.

Chomiak and Hydro officials have already said new hydro projects are needed to feed growing energy demand within the province and in the United States.

But critics point to reduced export sales to the U.S., primarily due to the recession.

Hydro is also competing for exports at a time when natural-gas prices have dropped.

THE CANADIAN PRESS

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Superstorm Sandy. Displaced dogs and cats given second life

Sixty dogs and cats that were displaced by Superstorm Sandy have arrived in San Diego following a cross-country flight.

The plane carrying the animals landed at Lindberg Field Saturday, and they were taken to a shelter in Rancho Santa Fe.

A spokeswoman for the Helen Woodward Animal Center said the dogs and cats were facing euthanization at New York and New Jersey animal shelters that lost power after the storm struck last month.

Jessica Gercke said her organization approached Southwest Airlines and SeaWorld to help rescue the animals. She said a pilot and crew donated their time, BP footed the gas bill, and animal handlers from SeaWorld accompanied the animals on the flight.

Gerke said the centre will get the animals vaccinated, spayed and neutered before offering them for adoption. THE ASSOCIATED PRESS

Factory women. Workers exposed to toxic chemicals face cancer risk: Study

Women in Windsor, Ont.'s plastic automotive parts factories have complained of pungent fumes and dust that caused nosebleeds, headaches, nausea and dizziness. Some spoke of smouldering blobs of plastic dumped directly onto the floor near where they worked.

"People were getting sick, but you never really thought about the plastic itself," said Gina DeSantis, who has worked at a plant near Windsor.

Now, a new academic study appears to confirm their fears, showing profoundly elevated breast cancer risks among workers exposed to toxic chemicals. TORSTAR NEWS SERVICE

Defence Minister Peter MacKay fields questions at the end of the Halifax International Security Forum on Sunday. Delegates discussed pressing security issues, including the impact of the American presidential election, the turmoil in Syria, cyber-security and modern warfare. ANDREW VAUGHAN/THE CANADIAN PRESS

MacKay calls on Russia to exert influence in Syria

Call to action.
Ongoing threat of war in the Middle East at the forefront of global forum of 300 delegates from 50 countries

Defence Minister Peter MacKay called on Russia on Sunday to exert influence to end the Syrian civil war, accusing Russia of standing on the sidelines while Syria is "coming apart at the seams."

MacKay told a press conference at the Halifax International Security Forum that Russia — one of Syria's most important allies — should use its weight to end the conflict.

"We know in Syria there are countries like Russia that could be far more proactive, who could exert considerable influence and use their weight with (Syrian President Bashar Assad's) regime to end the violence," MacKay said just after giving his closing remarks at the three-day conference.

"If Russia truly wants to be embraced as a democratic, productive member of the world community, this is a time for them to show the right stuff."

Russia has backed Syria at the United Nations Security Council by repeatedly vetoing resolutions aimed at pressuring the Syrian government to end the war.

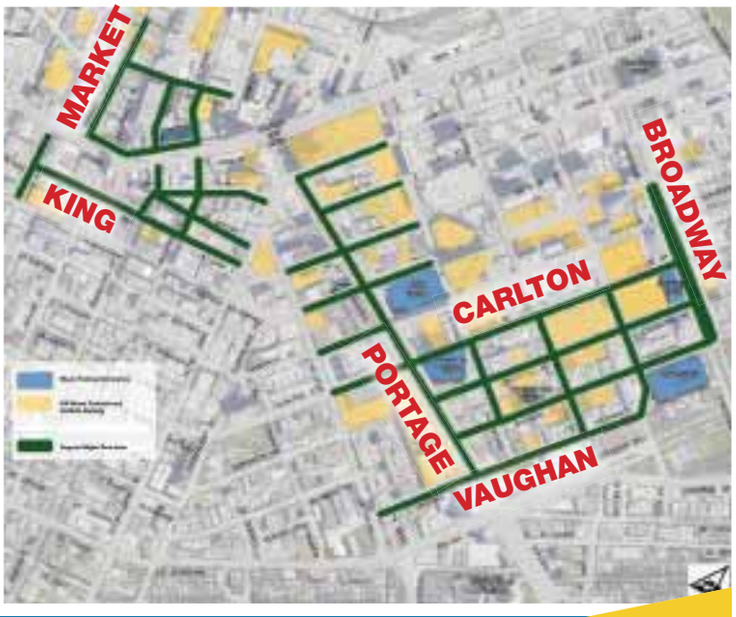
MacKay said Prime Minister Stephen Harper has recently met with Russian President Vladimir Putin but did not go into the details of the discussion. THE CANADIAN PRESS

Winnipeg Parking Authority

PARK SMART

As part of managing turnover at on-street parking spaces and ensuring their availability for short term users, the Winnipeg Parking Authority will increase meter rates in areas of high demand to $2 per hour. The conversion of meters in high demand areas will begin shortly and continue throughout the fall.

The areas of Downtown and the Exchange where higher rates are in effect are shown on the map.



Winnipeg

You will be able to recognize meters where the higher rate is in effect as they will display a sticker indicating the price, as shown in the photo above.

NEW METER RATES
NEW LOOK FOR THE PAYSTATIONS

Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict. It was the single deadliest incident of the five-day Israeli operation, say Gaza medics

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing at least 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics.

The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

U.S. President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground invasion into Gaza, warning it could only deepen the death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he defended Israel's right to defend itself.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas, who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Israeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza imposed since Islamists seized the territory by force. Hamas also seeks Israeli guarantees to halt targeted killings of its leaders and military commanders. Israeli officials reject such demands. They say they are not interested in a "timeout," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short lived.

As the offensive moved forward, Israel found itself at a crossroads — on the cusp of launching a ground offensive into Gaza to strike an even tougher blow against Hamas, or pursuing Egyptian-led truce efforts.

"The Israeli military is prepared to significantly expand the operation," Israeli Prime Minister Benjamin Netanyahu declared at the start of the weekly Cabinet meeting.

At the same time, Gaza militants continued their barrage of rocket fire at Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, said a police spokesman. THE ASSOCIATED PRESS

Bloodshed

Women and young children have been killed in the relentless Israeli attack — the worst in this round of fighting.

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."

Israeli Prime Minister Benjamin Netanyahu

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Syrian gunfire draws shelling from Israel

A rebel fighter shoots his weapon through a hole in the wall during clashes with Syrian army forces in Harem, Syria, Saturday. KHALIL HAMRA/THE ASSOCIATED PRESS

Syrian uprising

The civil war in Syria has intensified in Golan Heights, an Israeli-occupied area.

- **Ongoing battle.** Fighting has raged over the weekend, killing at least 108 people on Saturday alone, according to activists.
- **Death toll .** More than 36,000 people have been killed since the Syrian uprising began in March 2011.

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice before, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President Bashar Assad or forces loyal to him. Though the two nations have been bitter enemies, Israel is concerned that if the Assad regime is toppled, Syria could fall into the hands of Islamic extremists.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction.

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* **12 full-time and 2 part-time Metro Enviro-Team members** helped clean downtown weekdays, weekends and evenings
* **163 flower baskets, 15 flower planters, and 39 bistro tables/chairs** animated the downtown streetscape
* **46 new downtown gateway banners** welcomed people downtown
* **400 Earth Day Clean-up participants collected 1600 lbs. of litter**, making our corner of the earth a little bit greener
* **10 new cigarette butt receptacles installed** in front of businesses, and Metro Enviro Man launched to encourage visitors to not litter
* **Helped transform business storefronts**, and worked with restaurants to see more patios pop up downtown

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Retailers challenge French naming law

Quebec. Language watchdog orders move to French names or slogans for retailers

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their commercial brand names to include some French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Quebecois de la Langue Francaise, wants the retailers to change their signs to either give themselves a generic French name or add a slogan or explanation that reflects what it is they're selling.

For example, Walmart, a household name on the retail scene that doesn't really have a French equivalent, could change its signs to "Le Magasin Walmart."

Gap is one of six major retailers protesting the Quebec language watchdog's insistence on French names or slogans. DIMAS ARDIAN/GETTY IMAGES FILE

But retailers say the language laws have not formally been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trademarked names.

Nathalie St-Pierre, vice-president for the Retail Council of Canada's Quebec branch, says the province wants to change the rules without having modified the law.

St-Pierre also questions the point of the whole battle.

"You know the brand, you know the colours, you know the sign," she said.

"There are brands that stand on their own and need no description."

THE CANADIAN PRESS

Console wars

Wii U faces new world on release

On Sunday, Nintendo Co. is launching the Wii U, a game machine designed to appeal both to the original Wii's casual audience and hardcore gamers. The Wii U's predecessor has sold nearly 100 million units worldwide since 2006.

But the Wii U arrives in a new world of casual gaming on smartphones, tablets and Facebook.

THE ASSOCIATED PRESS

First class

Qatar Airways won't go budget

The head of fast-growing Qatar Airways says there are no immediate plans to launch a budget airline to compete with Dubai's expanding low-cost carrier, Flydubai.

Instead, CEO Akbar al-Baker is quoted by the Dubai-based Khaleej Times as saying Qatar Airways will concentrate on enlarging its global network as part of rivalries with Gulf carriers Emirates and Abu Dhabi-based Etihad Airways. THE ASSOCIATED PRESS

Shopping. Stores bank on Black Friday going mainstream in Canada

The Canadian holiday-shopping season is looking decidedly more American this year as retailers schedule a rush of Black Friday events in hope that consumers will shop at home, rather than south of the border.

Black Friday, widely considered the busiest shopping day of the year, is timed to Thanksgiving in the U.S. It may just be a random November day for Canadians, but shoppers are increasingly buying into Black Friday and Cyber Monday, when online retailers hold their sales.

A CIBC poll conducted by Harris/Decima released Monday suggests nearly one in 10 of the 1,000 Canadian respondents plan on making a purchase during the sales period — suggesting that millions of Canadians will be shopping for holiday deals this weekend.

Many Canadian retailers have jumped on the trend as a new way to angle a promotion, says Mark Satov, founder of management-consulting firm Satov Consultants Inc.

"You're creating the impression that everything is on sale, and when consumers get there, everything doesn't have to be on sale, but they're there anyway, so they're going to buy."

Canadians may be warming to U.S. traditions. In this file photo, people shop at Times Square's Toys "R" Us. HIROKO MASUIKE/GETTY IMAGES

But Canada's version of Black Friday won't be everything it's hyped to be, some suggest.

"It's a myth," says retail consultant Jim Danahy of CustomerLAB. "Stores are not bringing merchandise in any sooner than they were before. They are not changing their promotional calendars. It is simply the super-imposition of a term that exists in the United States here."

In some ways, drumming up enthusiasm for Black Friday is a move of desperation for Canadian retailers. The loonie's high value and the availability of many U.S. deals online have encouraged Canadians to spend at American retailers.

THE CANADIAN PRESS

No love for Skinny Minnie

A pin-thin Minnie Mouse struts down a Paris runway in a new commercial for Barneys New York's upcoming holiday window display. The ad is drawing criticism from celebrities and consumers alike in the U.S., who say the commercial gives girls the wrong ideas about body image. SCREENSHOT/YOUTUBE.COM

STOP WHINING ABOUT SNOW CLEARING

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

You're all a bunch of babies.

OK, maybe not ALL of you, but based on the reaction to last week's snow-clearing operation, it seems many Winnipeggers can't take responsibility for their own lives.

How else to explain thousands of grown adults, with driver's licences and houses, being rendered helpless and confused by a bit of snow and the launch of a "new" system of plowing zones that was introduced a year ago?

Some people whined they didn't know when to move their car. Others moaned about not having a parking space at their house (which is something you should have thought about BEFORE buying the car). Over 1,200 people didn't bother to do anything, forcing the city to tow their vehicle to a neighbouring street. Then they cried because they didn't know where their car had gone.

Know your zone

"Over 1,200 people didn't bother to do anything, forcing the city to tow their vehicle to a neighbouring street. Then they cried because they didn't know where their car had gone."

If you've lived in Winnipeg for any length of time, you should be aware of three things: a) it snows here, b) when there's enough of it, that snow needs to be cleared away, and c) when there's a storm, that clearing operation is going to take place quickly.

So if you see a lot of snow outside and don't bother to watch TV, listen to the radio, read the newspaper, call 311, check the city's website, or subscribe to the snow-clearing alert emails, then you shouldn't blame anyone but yourself.

There are plenty of things this city does wrong. It tries to develop water parks across the street from fancy museums. It builds fire halls on land it doesn't own. It gives away millions for a pointless convention-centre expansion. And it hands out keys to the city to every C-grade celebrity who breezes through town.

But one thing it actually does quite well is snow clearing. Within minutes of a major storm, the city mobilizes hundreds of pieces of equipment and usually has every street, sidewalk and bike path cleared within a few days.

And it does it to a standard that's higher than most other cities in Canada.

In places like Hamilton, Ont., and Montreal, they don't bother removing windrows — those hard ridges of plowed snow — from the end of your driveway. Toronto and Ottawa don't plow back lanes on a regular basis. And individual homeowners are responsible for clearing sidewalks in Calgary and Edmonton. In fact, they can be fined if they don't do it quickly enough.

That's not to say there are never any mistakes. Plows will occasionally miss a street, dig up a curb, or knock over a garbage bin. And the city has committed itself to looking at whether the Know Your Zone can be improved on after its first big test. But overall, the system works great.

So the next time it snows, let's all try to be adults instead of whipping ice balls at the city. Know your zone, move your car, clear your sidewalk and give an appreciative wave to the plow operators as they pass by.

Hello baby

Woman stopped for speeding gives birth on side of road

A police officer who pulled over a pregnant woman for allegedly speeding west of Kingston, Ont., Sunday morning ended up helping deliver her baby on the side of the road.

Police say the driver from Stirling-Rawdon Township was in labour and racing to hospital when the officer stopped her vehicle in Belleville, Ont., around 4:30 a.m.

With the officer's help, the woman gave birth to a baby boy by the road, right in front of a grocery store.

Police say both mother and child were transported to hospital and are doing well.

CJBQ/THE CANADIAN PRESS

President takes enlightening trip

CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its centerpiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process under way inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

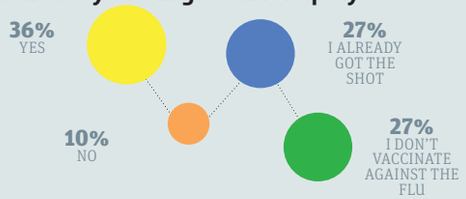
Online

For the latest on Obama's Myanmar trip, visit metronews.ca

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you more likely to get the flu vaccine now that you can get a nasal spray?



Twitter

@chrisreid97: I've seen a couple people with Tahiti Treat in #Winnipeg recently. WHERE are you getting it?! Don't tell me its old cans from 1986 lol.

@bobmcmaster: Boarding the plane still drunk. Winnipeg got the best of us. The flight attendant smells nice though.

@jasonyoungwpg: @Metric Went to a concert tonight and an aerobics class broke out. How does Emily maintain that energy level for an entire show? #Winnipeg

@kayreechan: Fight between a @BCLions fan and a Stamps fan just broke out at the Winnipeg Tim Hortons... At 6am... Good, you? #shh

@tiffbelll: Solid sleep. I really needed that.

metro

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SCENE 2

Minaj just in it for the music

AMAs. Bieber shouts out to haters when he wins his first of three awards, while Nicki Minaj takes home two

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metronews.ca/scene.

Justin Bieber and Nicki Minaj performed together — and separately — at the American Music Awards. They both were also both multiple award winners.

Bieber's wins included the show's top award, artist of the year.

The singer's mom joined him onstage as he collected the top award.

He looked to his mom: "I wanted to thank you for always believing in me."

The 18-year-old won also won favourite pop/rock male artist in the first award handed out at Sunday's American Music Awards and gave a shout-out to those who didn't think he would last on the music scene.

"I want to say this is for all the haters who said that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans."

He also won favourite pop/rock album for Believe. He gave a stripped down, acoustic performance of As Long As You Love Me, sitting down as someone played the guitar. He transitioned to the dance-heavy Beauty and a Beat, where Minaj joined him onstage, grinding with the teen for a few seconds.

Minaj repeated her AMAs wins from last year, picking up trophies for favourite rap/hip-hop artists and album for Pink Friday: Roman Reloaded. She was in an all-white get-up, including fur coat and pink hair when she performed her new song Freedom. The scene was ghostly and snowy, as a choir — also in white — joined her onstage. One background singer stole the performance, belting semi-high notes as Minaj looked on.

As Bieber won his second award, he was kissed on the neck by Jenny McCarthy, who presented the award.

"Wow. I feel violated right now," he said, laughing.

Bieber's red and black outfit seemed to be the night's theme, as Taylor Swift and Usher wore similar ensembles.

Usher kicked off the three-hour show with green laser lights beaming onstage as he performed a medley of songs, including Numb, Climax and Can't Stop, Won't Stop, which featured a smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

Swift won her fifth consecutive award for favourite country female artist.

"This is unreal. I want to thank the fans. You guys are the ones who voted on this," she said.

Along with Rihanna, Minaj was the top nominee with four nominations.

"I don't do music for awards," the 29-year-old said in an interview.

"I know they're going to come. I'm sitting here looking at my awards right now," she continued with a laugh. "I never stress it. I think of myself as 'I'll have a career long enough to get all those different awards."

THE ASSOCIATED PRESS

Nicki Minaj GETTY IMAGES

Carly Rae Jepsen, of Call Me Maybe fame, jumps out of a pink telephone booth at the show. Jepsen won favourite new artist. "I am floored. Wow," she said. GETTY IMAGES

Gangnam Style Korean superstar Psy. THE CANADIAN PRESS

Usher kicked off the awards with the first performance of the night. GETTY IMAGES

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Poncho Sampedro playing alongside Neil Young. GETTY IMAGE

No one's perfect, not even Sampedro

Crazy Horse. Guitarist credits his success to being confident, but can't sing one whole Neil Young song all the way through

PAT HEALY
Metro World News in Boston

Poncho Sampedro is a humble man. During a half-hour discussion, the rhythm guitarist for Crazy Horse proudly acknowledges limitations with his instrument, limitations with his band's sound and limitations with his own ability to recite the lyrics of any of the Neil Young songs that he's been playing for more than 30 years.

"I try to pick up on the words, but unfortunately I'm not that good at it. And so there's a lot of his songs I have my own words for," he says. "I can't sing one whole song all the way through, I don't think."

Even if he went into a karaoke bar and somebody signed him up for a rock radio staple like Powderfinger?

"I can make it through the first and second verse, I think. Only because we used to rehearse it and I'd sing a couple of verses to get us going," he says.

But to say that Sampedro is humble doesn't mean he's lacking in confidence. He says that confidence is the key to his success, and the reason that some of the elementary rhythms he has committed to tape are such classics.

"If you're confident that you're going to go up there and make it from the beginning of the set until the end, I think good things will happen," he says. That confidence and dedication is all over the new albums that Neil Young and Crazy Horse released this year. Though tracks like Oh Susannah or This Land is Your Land on this spring's Americana album are standards, there is nothing standard about them in the hands of these four guys.

"We have one sound and we can't get away from (it) even if we try," laughs Sampedro. And with this fall's double-album they're even more themselves, as they get far out on the 27-minute jam haze of Driftin' Back. All of the material benefits from the assured approach of a band that just knows how to play off each other. But don't confuse confidence with perfection. "I know there is a place where I play and I kind of walk through the clam fields for a while, and then Neil does the same thing," recounts Sampedro. "I mentioned it to him. I said, 'Neil, if you listen to it, there are two spots where both of us are lost and we could clip that out easily, it's just a few seconds.' And he said, 'Well, then they wouldn't know how we got to the next place.'"

Quoted

"We have one sound and we can't get away from (it) even if we try."
Poncho Sampedro

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Mraz on Myanmar gig: 'I hope we can actually make a difference'

Making history.
Singer-songwriter is first international artist to perform open-air concert in country since end of military rule

Jason Mraz will make history next month when he performs in Myanmar to raise awareness about human trafficking.

Mraz will headline a free outdoor concert on Dec. 16 at People's Square in Yangon, at the base of Shwedagon Pagoda.

The Grammy-winning singer-songwriter is the first international artist to perform an open-air concert in the country since the end of military rule last year. And he is believed to be just the second Western act to perform in the country in decades, joining Ozomatli's U.S. State-Department-sponsored appearance in 2009.

"That's pretty exciting," Mraz said of the history involved, "and I'm going there with an enormous amount of gratitude and respect, and I hope we can actually make a difference. I hope it's also a testament to the songs. I've always wanted my songs to be about healing and self-empowerment, and if this is the way MTV is acknowledging that, then I am incredibly grateful."

Quoted

"I'm going there with an enormous amount of gratitude and respect."
Jason Mraz
On his upcoming trip to Myanmar.

The show includes local acts and is hosted by MTV EXIT, the music channel's initiative to raise awareness about human trafficking and exploitation. It will be broadcast on Myanmar national television and will air on MTV's international network in 2013. Mraz hosted a similar concert in the Philippines last year. He first became interested in the issue about four years ago when he attended the Freedom Awards, an annual salute to those working against human exploitation put on by the organization Free the Slaves.

Jason Mraz is set to make history with his Myanmar performance. AP PHOTO

"I thought this was something that was abolished when Abraham Lincoln signed the Emancipation Proclamation, but all it did is become hidden from our view," Mraz said in a phone interview from Zurich, Switzerland. "There was a recent estimate that there are about 27 million people enslaved on the planet, certainly due to hard economic times not just in the western world but certainly in Third World countries. Humans as a commodity is a great way to run your business. So I signed on, lent my voice, lent my music to the cause."

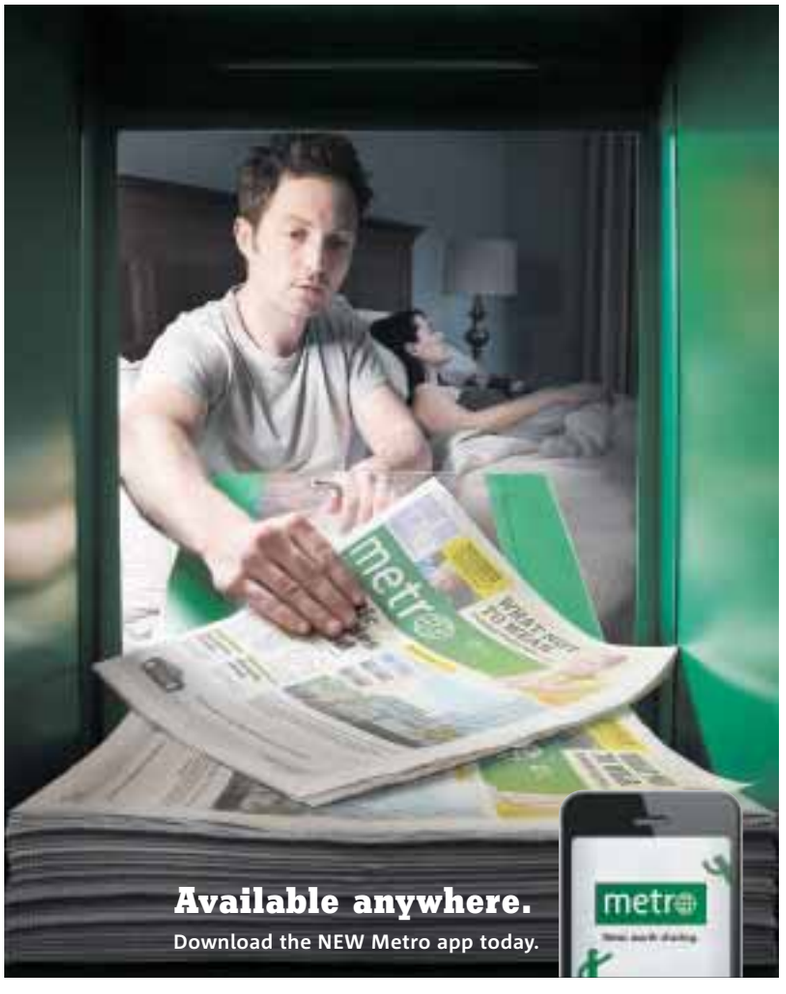
Myanmar is opening itself to the world since a military junta ceded power to a new elected government last year. President Thein Sein's government has pushed the country toward democracy, and on Monday, Barack Obama is scheduled to become the first sitting U.S. president to visit the country.

Mraz says there is concern predators will prey on the vulnerable in this time of great flux. The concert offers an opportunity to "educate, empower and engage." The 35-year-old singer says he plans to tailor his show to the message.

"I do curate a set list that I feel is going to be part of that educate, empower and engage (theme)," he said. "Obviously songs like I'm Yours, I Won't Give Up are great examples. Or 93 Million Miles is a new one where it's about believing in yourself. And a lot of my songs are about that, about believing in yourself and really going for your dreams. Those are the kinds of songs I'll be playing at that show." THE ASSOCIATED PRESS

Quoted

"I thought this was something that was abolished when Abraham Lincoln signed the Emancipation Proclamation. But all it did is become hidden..."
Jason Mraz
On slavery.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift

Dear Taylor: Swift serving as resident love doctor for Seventeen

With an impressive number of failed romances under her belt — and the songs of heartbreak to prove it — Taylor Swift might be the last person you'd want to listen to for relationship advice, but Seventeen magazine is letting her do just that. Swift is serving as a guest advice columnist for the magazine's December issue. "Remember that people have to fall in love with you because they want to, not because you want them to," Swift writes. "Don't chance ruining your friendship by chasing him before he's ready. You just have to wait for him to turn it into something more, if and when he wants to."

Joe Simpson

Simpson sees his day of sentencing

Joe Simpson had his day in court last week, pleading not guilty to two charges of driving under the influence stemming from his Aug. 4 arrest, according to E! News. Despite the plea, Simpson was sentenced to 36 months of probation and fined $390 plus penalties. He was also ordered to complete a three-month alcohol education program.

Twitter

@WhitneyCummings
I think someone needs to tell the Victorias Secret fashion show about porn

@iJasonAlexander
I have filled the basement with Twinkies and Wonder Bread. They will probably outlive me. I am ready for the End Times now.

@msleamichele
Ok so Ringo Starr just walked passed me at the recording studio and said hi to me. What?!?!

@GarryShandling
If you're head of the CIA and can't hide an extramarital affair it means it can't be done. Case closed, fellas.

The Word

Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with Cockiness — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, Unapologetic (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Rihanna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

Bieber pulls a Romeo outside Gomez's gate... but with swear words?

Justin Bieber certainly seems to be trying to patch things up with Selena Gomez following their split two weeks ago — but it might be no use. After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, the pair reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to Us Weekly. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking and she drove off in her car," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway. He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed.

Justin Bieber

ALL PHOTOS GETTY IMAGES

Britney Spears

Britney may have her hooks in a little too deep

Trouble may be brewing between Britney Spears and fiancé Jason Trawick, according to Us Weekly. Sources say that Spears has become something of a nag and makes Trawick "check in with her" and it's driving him crazy. A source adds that Trawick will "put her on speakerphone so friends can hear her nagging." Spears' reps, though, say there's no truth to the story.

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Travel etiquette

Grooming grief

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.

Emergency or not, change your baby in private. ISTOCK

Exclusively online

Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

The key to the baby massage? Relax, enjoy and have fun. ISTOCK

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions. The best time for massage is when baby is awake, healthy and happy. Some babies prefer the morning, while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required, using oil can help make massages more enjoyable for some babies and parents. Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

5. Know when not to massage. Never provide massage when your baby isn't receptive to it (when sleeping, crying or fussy). Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising. Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach.

Benefits for baby

Here's how a massage can help your youngster.

- Encourages healthy weight gain
- Increases brain development and growth
- Stimulates all systems of the body
- Aids in digestion
- Eases discomforts associated with gas, constipation and congestion

How to dress (your kids) to impress

As a parent, sometimes it's all you can do to make sure your kid's clothing is clean, let alone fashionable. But your little one deserves to look his or her best. So we asked the stylists at U.S.-based Wittlebee, an online service that sends members a box of specially curated kids' clothing, for their tips on how to turn your child into your most stylish accessory.

Pick colours that work for their skin tones.
What colours look best on them? What washes them out? What colours bring out their eyes?

Invest in quality items.
No one wants to spend a fortune on expensive baby items when turnover is so high. But the best kids' wardrobes have a mix of moderately priced items, as well as several quality pieces. Then you can feel confident you'll always have something on hand for a fancy event or just a walk to the school bus.

Don't forget comfort.
Look at their body shape and think about what they should wear that is most comfortable for them. For example, leggings are best for babies who have chubby legs and overalls are better for those who have bellies so that their waists won't get pinched.

Add some flair to basics to make a statement.
You don't have to buy a crazy, zigzag patterned dress to make your little one stand out. Instead, go for a more elegant, blue pinstriped dress. If it's chilly out, you can layer this with a tiny cardigan and some solid leggings.

Dress your kids according to their personalities.
If you have an outgoing and fun child, go with bright colours and bold patterns. If they are more subdued and calm, maybe even a bit shy, it might be best to steer away from bold patterns.

Don't worry, you can add subtle flair with texture and a great, classic colour palette.

METRO

Clothing should reflect a child's personality. ISTOCK

Fire up your weeknight with a quick and easy Pot au Feu

This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.

2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.

3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

Healthy eating

Choose it and lose it

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The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 ½ day's worth.

Equivalent

Equivalent to 10 tbsp of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.

Pull flank on complex recipes with overlooked cut of beef

Flank steaks are lean cuts from the rear side of the cow and are characterized by rich, deep beefy flavour and a slightly chewy texture. For the weeknight home cook, flank steaks are the perfect cut. They can be tossed with a marinade the night before and left in the refrigerator until dinner. And they cook in just minutes on the grill or under the broiler. As with all meat, flank steak should rest for 5 to 10 minutes after cooking before slicing to let the juices redistribute.

1. In a blender, combine the vinegar, garlic, peppercorns and 1 teaspoon of kosher salt. Blend for 20 seconds, then transfer to a wide, shallow bowl.

This flank steak dish takes 30 minutes and serves four. THE ASSOCIATED PRESS

Ingredients

- 1/4 cup balsamic vinegar
- 2 cloves garlic
- 1 tablespoon black peppercorns
- Kosher salt
- 1 1/2 pounds flank steak
- 2 pears, peeled, halved and cored
- Crumbled blue cheese, for topping

2. Add the steak to the marinade, turning to coat. Refrigerate for at least 30 minutes. When ready to cook, heat the broiler with a rack 6 inches from the heat. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray.

3. Cut each pear half into 4 slices, then arrange them on one half of the prepared baking sheet.

4. Remove the steak from the marinade and set it on the other half of the sheet. Broil everything for 5 minutes, then use tongs to flip the steak and pears. Broil for another 5 minutes for medium-rare.

5. Let the steaks rest for 10 minutes, then cut into thin slices against the grain. Divide the slices between 4 serving plates, then top each with pear slices.

6. Top each serving with a bit of crumbled blue cheese before serving.

THE ASSOCIATED PRESS

The In-Credibility Factor

Name: Julian Brass
City: Toronto and Montreal
Age: 29
Occupation: Founder and publisher of Notable.ca

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Julian Brass started hosting events at a young age and loved bringing people together. After working in Florida and California, he decided to move back to Canada and start Notable.ca, an online resource for connecting young, driven, professional adults with elements relevant to taking their professional and social life to the next level.

During the startup phase, Brass was living in his father's basement with no income. Four years later, Notable.ca has a team of 25 people handling more than one million visitors a month.

I knew I was on my way when... we started to have repeat advertisers approaching us to work together again. You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right. That was an exciting feeling the first time it happened. Now, it's a regular occurrence.

Relishing in the repeat

"You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right."
Julian Brass
Founder of Notable.ca

Action Plan

• Cut out all the noise
If you truly want your business to succeed, you have to care more about it than anything else. Once you do, you'll get clarity and you'll go after your goal in a much more concerted way. At the end of the day, it's worth it.

• Set a goal and work backward
Envision yourself five years from now and work backward. That will give you a path. It will change, but it will at least get you moving forward.

• Effort and sacrifice
If it was easy, everyone would do it. For people to accomplish things that others haven't, you have to put forth a greater effort and sacrifice more than others are willing to give up. I can guarantee it will be worth it in the end and I would give nothing back for the ride I've had in the last four years.

Julian Brass. PROVIDED

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- University or College Degree in Marketing or Advertising
- At least 2 years experience in a similar role
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- Highly organized and detail oriented
- A passion for creativity and innovation
- Proficient in Microsoft Office applications - advanced knowledge in Microsoft PowerPoint and Excel

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than November 21, 2012. PLEASE QUOTE "Marketing Specialist - Winnipeg" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro

NFL

Packers Aaron Rodgers, left, and Jermichael Finley celebrate Finley's touchdown on Sunday in Detroit. GETTY IMAGES

Packers keep streak alive in Motor City

The Green Bay Packers stayed on their roll in Detroit.

Aaron Rodgers threw two touchdown passes, including a 22-yarder to Randall Cobb with 1:55 left, and the Packers came through with a 24-20 win over the Detroit Lions on Sunday for their fifth straight win.

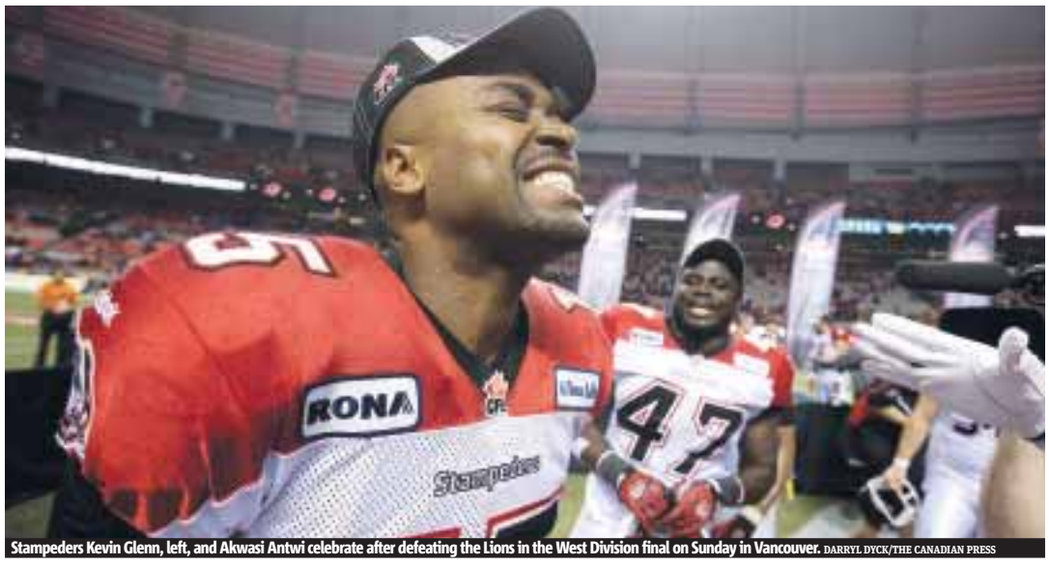
Mason Crosby made a 39-yard field goal with 19 seconds to go after missing two field goals earlier in the game.

Matthew Stafford couldn't put the Lions ahead on either of their last two drives in a game he'd like to forget. Stafford threw two interceptions — one of which was returned 72 yards by Green Bay safety M.D. Jennings for a go-ahead score in the third quarter — and lost a fumble. THE ASSOCIATED PRESS

MMA

"I was getting hurt, it was painful, but I had a lot of fun. I love my job."

Montreal's Georges St-Pierre after beating Carlos Condit at the Bell Centre during Saturday night's UFC 154. Returning from a layoff of 18 months 18 days after reconstructive knee surgery, a relentless St-Pierre won a five-round decision over Condit to unify the welterweight title.



Stampeders Kevin Glenn, left, and Akwasi Antwi celebrate after defeating the Lions in the West Division final on Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Stamps' Glenn rises to West final test

CFL. Calgary quarterback will get championship chance after years of disappointment

At long last, Kevin Glenn is going to get a chance to play in the Grey Cup.

Glenn threw for three touchdown passes as the Calgary Stampeders upset the B.C. Lions 34-29 in the CFL West final on Sunday before a disappointed crowd of 43,216 at BC Place Stadium.

The Stampeders, who finished second in the West Division behind B.C. during the regular season, will play the Toronto Argonauts in the CFL title game next Sunday in Toronto.

The loss denied the Lions a second straight Grey Cup.

Glenn drew the starting quarterback assignment after Drew Tate fractured his forearm in last weekend's West semifinal win over Saskatchewan, ending his season.

Glenn has now earned a Grey Cup berth for the first time in his well-travelled, 12-year CFL career.

"It means a lot to actually be able to actually get a team there and actually be playing in the game," said Glenn.

He was denied the opportunity in 2007 after he led the Winnipeg Blue Bombers to victory in the East final but, ironically, also suffered a fractured arm. That year's Grey Cup, which the Bombers lost to the Saskatchewan Roughriders with Winnipeg backup quarterback Ryan Dinwiddie making his first start of the season, was also in Toronto.

Glenn, a 33-year-old Detroit native, was not expected to play much this season after being acquired in an off-season trade from Hamilton as part of the package for former Calgary QB Henry Burris.

Instead, Glenn played most of the Stampeders' games because Tate suffered an early season shoulder injury, and then was bypassed for the first playoff game.

Marquay McDaniel, Maurice Price and Romby Bryant caught Glenn's touchdown passes. Backup quarterback Bo Levi Mitchell ran for another TD, while kicker Rene Paredes supplied the rest of Calgary's points.

"The line gave me great protection and we were able to get behind their (defensive backs) and throw the ball deep and take some shots, and that's what we'll have to do when we get to Toronto," said Glenn, who completed 15 of 24 pass attempts for 303 yards.

Lions defensive back Korey Banks, on an interception, and receiver Nick Moore on a last-minute reception, scored touchdowns for the hosts.

"It's a disappointing day," said Lions quarterback Travis Lulay, who completed 33 of 46 passes for 274 yards. "You just hate to come up short in the big one."

THE CANADIAN PRESS

Argos will play for Grey Cup in Toronto

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf and now they can say "mission accomplished."

- A masterful Ray passed for 399 yards and dominated the ground game as well as the Argonauts stunned the Alouettes 27-20 on Sunday in Montreal.

4 SPORTS

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Horoscopes

♈ Aries
March 21 - April 20
You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

♉ Taurus
April 21 - May 21
Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

♊ Gemini
May 22 - June 21
You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

♋ Cancer
June 22 - July 23
You may be tempted to push your luck today, and maybe your gamble will pay off – and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

♌ Leo
July 24 - Aug. 23
Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

♍ Virgo
Aug. 24 - Sept. 23
Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

♎ Libra
Sept. 24 - Oct. 23
Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

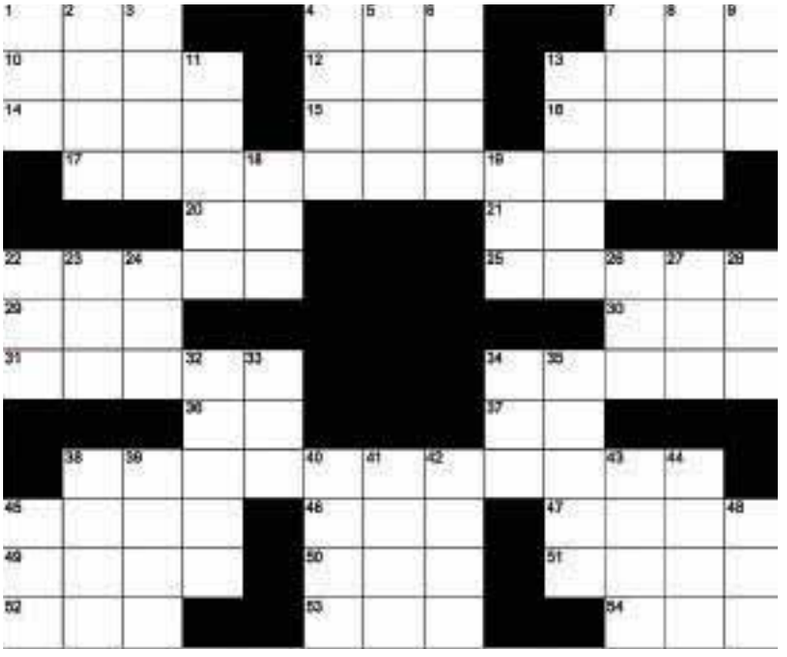
♐ Sagittarius
Nov. 23 - Dec. 21
A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

♑ Capricorn
Dec. 22 - Jan. 20
Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

♓ Pisces
Feb. 20 - March 20
It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself – and you'll get your chance over the next few days. SALLY BROMPTON

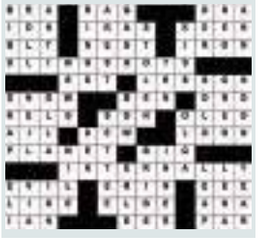
BY BETTY MARTIN



Across
1. Funnyman Carney
4. Banking machine (abbr.)
7. Wager
10. Backside
12. Small inlet
13. Swallow
14. Create
15. — Leoni of The Naked Truth
16. Take home a wage
17. Tangy candies
20. Hospital room (abbr.)
21. Minister's deg.
22. She played Rose on The Golden Girls
25. Estate, for example
29. Fish eggs
30. Dictator Amin
31. Little Orphan —
34. Heard by Perry Mason
36. Not applicable (abbr.)
37. Jr.'s dad
38. Flowery arrangement for the table
45. Roof part
46. Female deer
47. Winglike
49. Always
50. — Got a Secret
51. Canadian Idol judge — Jordan
52. Dancing with the Stars judge Goodman
53. — Aviv
54. Lassie, for one

Down
1. Upper appendage
2. Collect
3. Give or —
4. Johnson of Laugh-In
5. Layer
6. Form of address
7. Whip up an egg
8. Mistakes (abbr.)
9. The Nashville Network (abbr.)
11. Move a fern
13. Looks after
18. Use a crowbar
19. Rhoda's mom
22. Bikini part
23. Time frame
24. Countdown number
26. Bro's sibling
27. Dutch city
28. — the season
32. Inside oneself
33. Dog — Dog
34. —: Crime Scene Investigation
35. Sites
38. Grotto
39. Tied score
40. Revise a manuscript
41. Wander
42. Shed
43. Applaud
44. Go slowly
45. Slippery fish
48. Letters between Q and U

Friday's Crossword



What's online
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

6		9				5		8
	4	7	9		2	3	1	
3								4
			5		3			
	3			6			8	
			7		9			
1								7
	2	6	8		5	1	9	
5		3				4		2

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 3° MIN: -1°	MAX: 3° MIN: 0°	MAX: 0° MIN: -1°

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